

It's a great time to get involved!

Fall Focus is a great time to get involved at Lenexa United Methodist Church!
Read through the different opportunities and contact the church office at 913-888-5600
or office@lenexaumc.org for more information on any of the groups.

FALL FOCUS: DISCIPLESHIP AND SMALL GROUPS

SUNDAY MORNING CLASSES:

Foundations | Sundays at 9:00 a.m. in Wesley Room

Foundations does 4-6 week studies by contemporary authors which leads to lively discussions, providing the faith foundation for their lives.

Spectrum | Sundays at 9:00 a.m. in Room 122

Spectrum studies a spectrum of lessons, some of their favorite authors being Amy-Jill Levine and Adam Hamilton.

Dashers | Sundays at 10:30 a.m. in the Asbury Room

The Dashers class is typically focused on Bible study and related topics. They explore a variety of theological topics such as how other religions relate to Christianity, how the Bible came to be, and many more.

Young Adult Conversations | Sundays at 10:30 a.m. in the Underground

LUMC young adults' group is a community of adults over the age of 18 with no age limit. They are passionate about their faith and seeking to grow in their relationship with God and the community.

Youth Sunday School | Sundays at 10:30 a.m. in the Loft

Youth in grades 6th-12th meet to strengthen friendships, learn about God, and practice following the ways of Jesus.

Children's Sunday School | Sundays at 9:00 and 10:30 a.m. in the 2nd floor of the Education Building

Children 4 years-5th grade meet to learn Bible stories through drama, games, videos, cooking, crafts, and more. At 10:30 a.m., children start in worship and leave for Sunday School after the children's moment.

OTHER SMALL GROUPS:

Prayer Shawl Group | Tuesdays 10-11:30 a.m. in the Wesley Room

The prayer shawl group is a lively multigenerational group of knitters and crocheters. They create prayer shawls and lap robes for those in need at LUMC and have also made shawls and scarves for JoCo Christmas Bureau, scarves for the Red Scarf Foster Child program, hats, booties, and baby sweaters.

Prayer Group | Thursdays 6:00-7:00 p.m. in the Library

Prayer is one of the bedrocks of the Christian life. The Prayer Group gathers to pray for the needs of one another, others in the church, and beyond. They mostly pray, but also spend some time in worship, sharing, and listening to God. If you don't think you know how to pray, or are uncomfortable praying with others, this is the place to learn.

Faithfully Fit | Tuesdays 6:00-6:45 p.m. in Schneeberger

Faithfully Fit is a free, low-impact movement class open to adults of all fitness levels. They use chairs to assist with simple cardio and balance movements, resistance bands and simple stretches to help stay agile, strong and moving. Wear comfortable clothing, supportive tie-on shoes and bring water. They'll supply everything else needed.

Peaceful Stretch | Tuesdays 7:00-8:00 p.m. in Schneeberger

This class consists of slow stretchy movements and deep breathing, designed to help you release stiff joints, achy muscles and mental tension. No reservation is needed; classes are on-going and newcomers may join at any time. Please bring a yoga or exercise mat and two yoga blocks to class.

Bible Conversations | Sundays 6:00-7:00 p.m. in Wesley Room

Bible Conversations gathers to read and discuss the Bible. Past sessions have dealt with questions like "What does it mean to say the Bible is true?" and "Is the Bible authoritative?"

Youth Group | Sundays 4:00-6:00 p.m. in Schneeberger

Youth in grades 6th-12th meet in Schneeberger for dinner and an evening of activities. It's the perfect combination of faith & fun!

Men's Group | Second Saturdays at 9:00 a.m. in the Wesley Room

All men are invited for good fellowship and interesting discussions and presentations of interest to Christian men of all ages.

Friends & Followers ChristCare | Fourth Thursdays at 7:00 p.m. in the Library

The Friends and Followers ChristCare group is a caring, confidential circle of friends with Christ at the center where the ups and downs of life can be shared in a safe environment. After catching up on joys, concerns, and activities of the past month, they share a brief devotion together.

Movie Group | First Fridays at 6:30 p.m. at members' homes

Movie Group gathers monthly between September and May for pizza, a movie and fellowship.